

Apple Crisp

Meal Components: Fruits

Desserts, B-19

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	6 3/4 oz	1 1/2 cups 1 Tbsp	13 1/2 oz	3 cups 2 Tbsp	1. Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6
Rolled oats	4 1/2 oz	1 3/4 cups	9 oz	3 1/2 cups	
OR		OR		OR	
Rolled wheat		1 1/2 cups		3 cups	
Brown sugar, packed	7 1/2 oz	1 cup	15 oz	2 cups	
Ground cinnamon		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Ground nutmeg (optional)		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Salt		1/4 tsp		1/2 tsp	

Canned unsweetened sliced apples, solid pack, with juice	3 lb 2 oz	3 qt 1 cup (1/2 No. 10 can)	6 lb 4 oz	1 gal 2 1/2 qt (1 No. 10 can)	<p>2. Filling: Drain apples, reserving juice. Add enough water to juice to make 3/4 cup for 25 servings, and 1 1/2 cups for 50 servings. Reserve for step 5.</p> <p>3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb 14 oz (1 qt 3 cups) apples. For 25 servings, use 1 pan. For 50 servings use 2 pans.</p>
Sugar	5 oz	3/4 cup	10 oz	1 1/2 cups	<p>4. Over apples in each pan, sprinkle 5 oz (3/4 cup) sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine</p>
Ground cinnamon		3/4 tsp		1 1/2 tsp	<p>5. For each pan, pour 3/4 cup liquid over apples</p>
Lemon juice		2 Tbsp		1/4 cup	<p>6. Sprinkle approximately 1 lb 11 oz (1 qt 1 cup) topping from step 1 evenly over apples in each pan.</p> <p>7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes</p> <p>8. Cool. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

Serving	Yield	Volume
1 piece provides ¼ cup of fruit.	25 Servings: 5 lb 12 oz (uncooked)	25 Servings: 1 pan
	50 Servings: 11 lb 8 oz (uncooked)	50 Servings: 2 pans

Nutrients Per Serving					
Calories	196	Saturated Fat	1.55 g	Iron	0.98 mg
Protein	1.75 g	Cholesterol		Calcium	17 mg
Carbohydrate	29.1 g	Vitamin A	325 IU	Sodium	119 mg
Total Fat	7.74 g	Vitamin C	0.4 mg	Dietary Fiber	0.9 g